



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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SCIENCE & TECHNOLOGY CLUB All are welcome!

We will be continuing our series, *How the Universe Works*. This series has been described as "a users guide to the cosmos from the big bang to galaxies, stars, planets and moons. Where did it all come from and how does it all fit together. A primer for anyone who has ever looked up at the night sky and wondered." Please join us on **Monday, October 5 at 10AM** for episode 2, *Black Holes* & on **Monday, October 19 at 10AM** for episode 3, *Alien Galaxies*. This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!

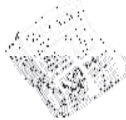


Genealogy Club

Join us every month for a trip down memory lane! Meet with other folks that enjoy researching their family tree! This club meets on the 2nd Wednesday of each month.

Current Events Every Thursday at 1 PM 2nd Floor—Fitch Room

Come join us and let's talk about Current Events! Not just the media sound bites, but what people think is really going on. We provide a friendly social environment within which a variety of local, national and international topics are introduced and discussed with the goal of coming away each week better informed and better able to articulate on a variety of subjects! The floor is open to *all* attendees and *all* discussion topics come from the floor. Coffee and light snacks are generally available before the meeting in the COA's main room. We hope you will join us and we look forward to seeing you!



Russia and Her Neighbors

Please join Professor John Kienzle at Town Center in the Flint Room at 6:30 PM on the following dates:

PART II (Oct. 5 6:30 PM)—EASTERN EUROPE-POLAND and UKRAINE: Russia has long seen Eastern Europe as a buffer with the west, holding the area hostage for nearly 50 years under the Warsaw Pact. Why did Russia intervene in the politics of Ukraine and annex Crimea? Russia threatens Poland.

PART III (Oct. 19 6:30 PM)—BALTIC NATIONS: ESTONIA, LATVIA, LITHUANIA have long been Russia's "Window on the West". Historically linked to Sweden and Poland, the Baltic Republics were annexed by the Soviets in WW II, but never released. After the Soviet disintegration in 1991, The Baltics joined NATO, but are still heavily influenced by Russia.

PART IV (Nov. 2 6:30 PM)—THE CAUCASUS: This region between the Caspian and Black Seas has been contested among Russia and Turkey and Iran for centuries. Fiercely independent Georgia, Armenia and Azerbaijan have independent identities, while the Chechens have fought foreign influence continuously. We will examine these tangled destinies.

Please Sign-Up for each Part at the Council on Aging



Flu Clinics

Thursday October 8th, 9AM to 11AM

High-dose Flu vaccine will be available for Bedford seniors (65+) at the COA, by appointment only. Please call the COA to sign up. This flu vaccine is made for people over 65 to promote stronger immune response to the flu than a regular flu shot.

Wednesday October 14th, 9AM to 11 AM

Walk in clinic for the regular Flu vaccine will be held at COA for Bedford seniors. No appointment is needed.

For both clinics, please bring your Medicare card as well as any other supplemental insurance you may have. If you have any questions about the clinics or the Flu Vaccine please contact the Board of Health at 781-275-6507.

Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4

Veterans' Coffee

Wednesday, October 21 at 10:00 AM

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

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❀ JUST FOR FUN ❀

Breakfast and BINGO

Tuesday, October 20 at 9:30 AM

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



Saturday Movies begin at 1:15 PM

October 3 *Woman in Gold* (2015) PG-13 Six decades after World War II, Jewish octogenarian Maria Altmann begins a quest to reclaim the artwork confiscated from her family by the Nazis -- including a famed Gustav Klimt masterpiece.

October 10 *Spare Parts* (2015) PG-13 The journey of four undocumented Mexican-American high school students from Phoenix, AZ who form a robotics club and are led by their teacher with nothing but spare parts and a dream to compete against MIT in a National Underwater Robotics Competition.

October 17 *Three Coins in a Fountain* (1954) NR Three American working women pin their hopes for love on wishes they make as they toss coins into the famous Trevi Fountain in Rome. Their wishes come true ... but only after a series of dramatic misunderstandings on their quest for true romance.

October 24 *Wish You Well* (2013) NR After tragedy forces young Lou Cardinal, her brother and their traumatized mother to move from New York City to a Virginia farm owned by the children's great-grandmother, the family faces a threat when a coal company attempts to steal their land.

October 31 *Sleepy Hollow* (1999) R New York detective Ichabod Crane is sent to Sleepy Hollow to investigate a series of mysterious deaths in which the victims are found beheaded. But the locals believe the culprit to be none other than the ghost of the legendary Headless Horseman.

Thanks to the FBCOA for our funding!

Name That Tune!

Becoming a monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on **Monday October 19 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **October 3** if your special day is in October!



Grands & Me



Are you a caretaker for your grandchildren or someone else's? Join us in the Kitchen at the Bedford COA on **Thursdays at 10 AM** for an hour of playtime with your little one! We will provide toys and a great space to visit with one another. Grandparents will have the opportunity to meet other 'grandparents' and children can enjoy playing with peers while also enjoying their special adult person.

Halloween Party at the COA!

Wear your best costume and join in the festivities. Food, fun and a scary movie!!
Just \$5 to attend!



CSI SOLUTIONS TEAM Friday Oct 9 12:30

Come join us for an hour of fun with Riddles, Trivia, Puzzles, Little Known Facts, Humorous Sayings and more to help exercise the brain and simulate our mind. Join Bob and Gerry (think of them as the Richard Simmons of exercising your minds). Bob and Gerry will also coach you to solve a mystery or two, have some fun, win some nice prizes and learn to think outside the box. Bob and Gerry work with many seniors helping them overcome the Senior Generation Dilemma which they will also discuss.



Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.





Library Book Discussion: Tuesday October 27, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the Council on Aging on "A Hundred Summers" by Beatriz Williams. It's not "Whodunit?" that drives Williams' (*Overseas*, 2012) latest but "What went wrong?" between Lily Dane and good-looking-but-Jewish Nick Greenwald, whose love for each other seemed unstoppable. How, seven years on, can Nick be married to Lily's BFF Budgie Byrne while Lily herself is single and accompanied by her 6-year-old sister, Kiki? The answer is teased out at length via parallel narratives set in 1931 and 1938, both voiced by Lily. In 1931, she meets dashing Nick at a football game when they are both college students. Their passion is mutual, but Lily's father disapproves. Undeterred, the couple elopes. But, in 1938, they are not together. Instead, Lily is confronted by Budgie's apparently idyllic marriage to an oddly distracted Nick. Another old college pal, Graham Pendleton, previously Budgie's lover, tries to woo Lily, but their engagement falls apart. Just when the reader's exasperation with Nick, Lily and the missing link reaches its limit, explanations for their non-togetherness are delivered. And then the weather at Seaview turns distinctly stormy.

Habitat for Humanity

In addition to building and renovating simple, decent, safe and affordable homes, Habitat also offers the Critical Home Repairs Program (CHR). Join us on **Monday, October 5, 2015** from 12:30pm-1:30pm or **Wednesday, October 7, 2015** from 5:00pm-6:00pm, at the Council on Aging to find out more about Habitat for Humanity of Greater Lowell's Critical Repair Program and how you may be able to take advantage of the benefits it has to offer! This program is designed to help homeowners struggling to maintain their homes due to age, disability or family circumstances. The focus is to provide affordable repairs which enable individuals to stay in their homes.



The Bedford Social Club invites you to attend a **Fairy Home and Garden** presentation on **October 13th at 7pm** at St. Michael's. Please join Ashley Rooney and Barbara Purchia as we explore the many ways to promote awareness of our natural surroundings and create a generational hobby between families, youths and friends. This presentation is supported in part by a grant from the Bedford Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency. For more information and to register to attend please contact Nancy Bilafer at 781-275-7722 or at njbilafer@gmail.com.



Liberty Mutual

Peace of Mind on a Fixed Income

After working hard for a lifetime many Seniors find themselves with a list of assets to protect, however making sure your needs are being met on a fixed income can be a challenge! Join Jessica Wrigley of Liberty Mutual for an educational seminar at the Bedford COA on **October 15th**, starting at 12:30PM where she will share her favorite tips for seniors. You will learn about Auto, Home, Liability and Life insurance, and you will have the opportunity to ask any questions you might have about your specific circumstances. Light refreshments will be served, and there will be a few fun giveaways. You won't want to miss it! Please call the COA at (781) 275-6825 to sign up.

On Friday October 2 at 12:15, join Joyce, The Community Health Nurse of Bedford Board of Health, for a brief information session on the two types of Flu Vaccine available from the Board of Health!

Friends of the Bedford Council on Aging

Next Meeting: Tuesday, October 13 at 1:00 PM

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

FBCOA Annual Membership Dues 2015—2016

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5 /day



OsteoFitness: Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. \$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825. **Session Dates: 11/3-1/19**

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and meditation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

***NEW* TONING & CONDITIONING:** Co-ed class. Join Madeline Mondays 5-6PM for strength toning and conditioning. We will be using resistance bands and hand weights. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera.

**Drop in rate for the above classes is
\$10 per day**

Tap Dancing

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM.

This session will run for 8-weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! **Next session begins October 27!!**



Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA

Humor Writing Workshop



Join local humor columnist Robert 'Robear' Isenberg for a 6-week workshop on writing humor. Please contact the COA to sign up for this entertaining class! Mondays at 6:45 PM in October!

An Inside Look at the Life of a Deep-Cover Black Operative

Tuesday, Oct 13, 2015 6:30 — 8:30 p.m.

Leo J. Maloney served as a deep cover black operative contractor for a clandestine government agency, accepting highly secretive missions throughout world. He has also served as a police officer/detective and is a licensed private investigator in Massachusetts. He has several movies to his credit, either as an actor, producer, technical advisor, or assistant director. He is also the author of the Dan Morgan thriller series (Termination Orders, Silent Assassin, Black Skies and Twelve Hours). The movie rights for Termination Orders have been picked up by Amber Entertainment. Please join Leo at the Council on Aging for this exciting program! Sign up ahead to ensure seating.



Looking Good - Feeling Good

Taking care of yourself has benefits in all aspects of your life: physical, emotional, psychological and spiritual. Sometimes relatively easy changes can enhance one aspect of your life which in turn has a positive effect upon another aspect: it's a win-win situation! Honor yourself, enjoy your uniqueness and have fun in the process of being the best you you can be! Join us for a series of Looking Good - Feeling Good interactive presentations. Being your questions and receive answers from experts in their respective fields.

October 7th Skin Care & Aging

Lily Brink, Spa Director of Organix Spa in Bedford MA will share research and proven strategies regarding the importance of liking yourself and a road map for getting there. Over 27 years experience. Lily is a former educator and spa consultant for Aveda.

October 14th Sleep: The Essential Ingredient

in good health, good aging, good mood. Dr. Evan Chinoy of Brigham and Women's Hospital shares his expertise on the incredible benefits of restful sleep and ways in which to improve it. Back by popular demand, Dr. Chinoy was applauded by the large turn-out to his last presentation at the Bedford Council on Aging!

October 21st Yoga: A Great Aid to Relaxation

and serenity when the world is offering chaos. Helen Theodosiou Yoga instructor and meditation teacher will guide us in a journey to calm and relaxation. Yoga also helps with the popular technique of mindfulness. Helen has taught classes at the Bedford Council on Aging for many years and has a tremendous following. Her gentle, warm and enthusiast manner are contagious.

October 28th Acupuncture

The oldest continuously practiced medical system in the world. Suraja Roychowdhury, Lic. Ac. Dipl.O.M., Ph.D. from crossingpointacupuncture.com will provide information regarding the valuable benefits of acupuncture facilitating healing in all realms. Feel relaxed, feel healthy, feel refreshed.

Presentations begin at 7:00 PM, followed by questions and answers.



Stay out of the penalty box at home, and join us at the Council on Aging to root for the Bruins! Join us on Tuesday October 27 at 7:00PM to watch the Arizona Coyotes take on our home team!

Ongoing Evening Programs

Single Again: Tuesdays at 7:30

Sit & Stitch: Tues & Weds at 6:30

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☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆ Beginner's Folk & Line Dance! ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

☆☆ Have you ever wanted to try line dancing but didn't think you could do it? Join Jim at the Council on Aging

☆☆ Café on Mondays *exactly* at 7:00 PM with your

☆☆ 'two left feet' for folk & line dance lessons. Each 8

☆☆ -week session costs just \$65! (\$10 drop-in rate)

☆☆ We'll teach you from the first step! Soft-soled

☆☆ shoes preferable. Please call the Council on Aging

☆☆ to sign up, limit 20. Session begins September 21.

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COMING IN OCTOBER PICKLEBALL—NEW!!

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court and slightly modified tennis net. Check out www.usapa.org for detailed information. Some paddles will be available on a first-come basis. No Fee Fridays, 6:30-8:30pm, 10/2-10/30 Lane School Gym Pickleball is very popular for seniors in surrounding towns. The COA is able to provide instruction as this program grows in popularity in Bedford. This program is in collaboration with Bedford Recreation Department.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Muscle Care/ 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Art Class/ Grands 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:15 Flu Talk 1:00 Scrabble/ Line Dancing 6:30 Pickleball (at Lane School)	11:00 Coffee 11:15 Art Class 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>Woman in Gold</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Habitat 1:00 Ken Gordon/ Poker 3:00 Handcrafts 5:00 Toning 6:30 Poland & Ukraine /Sit & Stitch 6:45 Humor 7:00 Recorder/ Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 SHINE/ Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Computer Club/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 5:00 Habitat 6:30 Sit 'n Stitch/ Learn to Stitch 7:00 Looking Good	Van Otis Chocolate Factory Tour 9:00 Flu Clinic/ Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Art Class/ Grands 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 CSI Solutions 1:00 Scrabble/ Nurse's Hours/ Line Dancing 6:30 Pickleball (at Lane School)	11:00 Coffee 11:15 Art Class 11:30 Dog Bones 1:00 Bridge, cards, pool 1:15 Movie: <i>Spare Parts</i> No Italian today
CLOSED Columbus Day	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 FBCOA 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 6:30 Black Ops Sit 'n Stitch 7:30 Single Again	9:00 Flu Clinic/ Exercise/ Fix It Shop 10:00 Genealogy/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Dale Tamburo 6:30 Dale Tamburo Sit 'n Stitch/ Learn to Stitch 7:00 Looking Good	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Art Class/ Hearing/ Grands 11:00 Duplicate Bridge/ Dog Bones 12:30 Liberty Mutual 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 SHINE/ Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:45 Reiki 1:00 Scrabble/ Line Dancing 1:00 Trail Walk 6:30 Pickleball (at Lane School)	11:00 Coffee 11:15 Art Class 11:30 Dog Bones 1:00 Bridge, cards, pool 1:15 Movie: <i>Three Coins in a Fountain</i> No Italian today
9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Medicare 3:00 Handcrafts 5:00 Toning 6:30 Baltic Nations/ Sit & Stitch 6:45 Humor 7:00 Recorder/ Folk & Line Dance	9:00 SHINE/ Fix It 9:30 Exercise/ Breakfast & BINGO 11:00 Dup. Bridge/ Tap/ OsteoFitness 12:00 Stonebridge 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Vets Coffee/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Home Instead Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 7:00 Looking Good	Mary Baker Eddy Museum Trip 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Art Class/ Grands 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	Podiatry 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 YouVille Place 1:00 Scrabble/ Line Dancing 6:30 Pickleball (at Lane School)	11:00 Coffee 11:15 Art Class 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Wish You Well</i>
9:00 Exercise 9:30 Chair Yoga 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Iceland/ Nurse's Hours 3:00 Handcrafts 5:00 Toning 6:45 Humor 6:30 Sit & Stitch 7:00 Recorder/ Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 6:30 Sit 'n Stitch 7:00 Bruins Game 7:30 Single Again	9:00 Exercise/ Fix It Shop/ Fire Safety Breakfast 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Poison Control/ Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 7:00 Looking Good	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Art Class/ Grands 11:00 Dog Bones/ Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:30 Pickleball (at Lane School)	11:00 Coffee 11:15 Art Class 11:30 Dog Bones 12:30 Beginner's Italian Halloween Party! 1:00 Bridge, cards, pool 1:15 Movie: <i>Sleepy Hollow</i>



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THIS SPACE IS
AVAILABLE

Don't Forget These Ongoing Activities

Bingo! No game this month due to the holiday.
Songfest Wednesdays at 10:30! All are welcome to join this fun and spirited group!
Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!
Texas Hold 'Em Poker! Join the game each Monday at 1!
Handcraft Group Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!
Play Mah Jongg! Wednesdays beginning at 11:00! All are welcome! Lessons available!
Play Duplicate Bridge! Every Tuesday and Thursdays October 1, 15 & 29 at 11 AM.
Science & Tech Club Join us Monday October 5 & 19 at 10:00 AM for this exciting conversation!
Talk to Your State Representative Ken Gordon will be at the COA on Monday October 5 at 1:00PM to talk with you about state issues. Bring your questions!
Are You A Federal Retiree? Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.
Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!
Genealogy Explore your family tree on Wednesday October 14 at 10:00 AM
Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!
Single Again Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
Line Dancing with Katrina Fridays at 1 PM. The class costs \$2 (paid to instructor).
Discover Tap Dance! Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!
Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on **Tuesday October 20** to discuss *Aristotle, Nicomachean Ethics*, Books V, Justice; Book X, Pleasure, Happiness; Oxford World Classics Paperbacks. Newcomers are always welcome!
Learn to Stitch! Join the crafters on Wednesdays at 6:30 PM.

Trips! Trips! Trips!

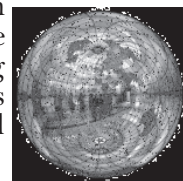


Van Otis Chocolate
 Factory Tour - \$39
Thursday, October 8

Enjoy the fall foliage on our way to Van Otis Chocolate Factory in Manchester NH! We will tour the factory and learn all about one of our favorite treats. Take a "behind closed doors" look at how we get all of those yummy things inside chocolate and try your hand at some of the candy making tasks! (And the nice part is if it doesn't turn out exactly right you can eat your mistakes). After enjoying our creations we will visit the Merrimack NH Outlet stores for some shopping, browsing and dining on your own. The luxury bus leaves Bedford at 9:00 AM and will return about 3:30PM. *Sign up today!!*

The Mary Baker Eddy Museum & Maggiano's Restaurant - \$66 *Thursday, October 22*

Established as a cultural and historical institution, the Library and museum provides educational experiences, program and exhibits featuring the 'Mapparium', the 'Hall of Ideas' and the 'Quest Gallery'. The Library also offers user-friendly access to its vast collections through research and reference services. As its primary resource, the Library's collections include one of the largest collections by and about an American woman! Mary Baker Eddy is a woman deserving of a place in history. She lived during a time when women had few options outside of marriage and virtually no voice to speak out in public. This Library is dedicated to her work, her life, and her remarkable achievements. After this feast for our minds, we will travel to Maggiano's Little Italy restaurant in Boston. Here we will share a family style three course meal with a little something for everyone's taste buds! The luxury bus leaves Bedford at 9:15 AM and will return about 2:00. *Sign up today!*



All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.

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For Your Health

Health Screenings

Nurse's Hours: On **Friday October 9** and **Monday October 26** Community Health Nurse, Joyce Cheng will be at the COA at **1:00 PM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry Clinic: Dr. Bryant Tarr will be at the COA from 8-11 AM on **Friday, October 23**. Please call to let us know you are coming. *The cost is \$30 for each treatment.*

SHINE Health Benefits Help! SHINE (Serving the Health Insurance Needs of Everyone) counselors from Minuteman Senior Services will be available **Tuesday October 6, 1-4; Friday October 16, 10-12; Tuesday October 20, 9-12 & Tuesday October 27, 10-12**. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Joe Sarofeen of Apex Hearing will be here on **Thursday, October 15** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Trail Walks

Join Alissa on Friday, October 16 at 1:00 PM for a trail walk at the Wilderness Park Conservation Area. We will meet at the trail head in the Middlesex Community College parking lot, adjacent to the VA Hospital on Springs Rd. This will be a 1 mile + walk with some uneven ground. *Please call the COA to register by Thursday, October 15.* For all trail walks, please wear appropriate footwear for possible uneven ground. If you would like a trail map ahead of time, please see Alissa at the COA.



Reiki: Getting & Staying Healthy

presented by Denise Gilbert, Usui Shiki Reiki Master, of Calm Core Reiki. Join us at the Council on Aging on Friday October 16 at 12:45PM to learn about Reiki treatment and all its many benefits.

Acupuncture Clinic
With Dr. Suraja Roychowdhury
\$35 per visit
Tuesdays 4-8 PM
Please call for an appointment

NEW!!! Take a Hike!

The Community Of Active folks (aka the COA) is starting a hiking group. This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at slgrieb@comcast.net.

This month, there will be hikes on Thursday October 1, 15, and 29.



Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes

Thursdays beginning at 9:00 AM

Please call the COA for an appointment
781-275-6825

Cycling for Seniors

A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue (jmdonohue@alum.mit.edu).

Rides will be 15-20 miles long, depending on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multi-speed bike in good condition. We'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.



Poison Control Center



Medication Safety is a very important issue with regards to the health of our seniors. A representative from the poison control center will give a presentation on **October 28th at 12:30pm** at the Council of Aging. Topics will focus on common medication mistakes, safe medicine use tips and medication management tools. Please join us for this important discussion!

Medicare Options

Is YOUR Medicare plan still right for you? Medicare health plans change every year. This presentation will teach you how to review your options regarding affordability, health plan choices and prescription coverage. Join Minuteman Senior Services' SHINE representatives at the COA on Monday October 19 at 1:00 PM. Please call ahead to sign up.



Minuteman
SENIOR SERVICES

What You Need to Know

WHAT'S NEXT AFTER INDEPENDENT LIVING?

What would you do if, suddenly, you found you couldn't manage day to day the way you always had been? What options are available to seniors when help is needed? Join Lisa Yarin from Youville Assisted Living Residences on Friday, October 23 at 12:30 PM to learn more about the options available when independent living becomes more difficult. Planning ahead for a time when you may need additional services and support, will allow you to make these important choices for yourself. Lisa will lead a lively discussion that will touch on home-based support as well as assisted living. When is one kind of option preferred over the other? Be sure to bring your questions!



Lunch with Stonebridge

Come join us on October 20 at 12:30PM to experience the excitement of a local multigenerational olympics! Resident Frank Parker will share a video that captures the highlights of the events where many winners were medaled. Enjoy soup and sandwiches provided by the Chefs at Stonebridge!



The Bedford Cultural Council invites all Bedford residents to apply for grants and get funding for their ideas. Grant applications are available at <https://www.mass-culture.org/Bedford>. The BCC has \$4600 to fund projects in the arts, humanities, and sciences for FY2016. Please contact Barbara Purchia, bsrpurchia@aol.com or 781-275-2464 with any questions. Applications accepted from Sept. 1– Oct15.

The Bedford Hoarding Taskforce has received a grant to provide a 10 to 12 week 'Preventing Cluttering' group in the fall. The group will be based around the book "Buried in Treasures" by David Tolin and Randy O. Frost. It is open to all and please let the COA know if you are interested in signing up. The class times are to be determined and will be in the late afternoon/early evening.

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ♦ Senior service evaluation and coordination
- ♦ Senior-related crisis intervention
- ♦ Assistance in choosing housing, including assisted living and nursing facilities
- ♦ Transportation to medical appointments
- ♦ Help in obtaining public benefits
- ♦ Health benefits counseling
- ♦ Job placement through the Town and in the private sector
- ♦ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ♦ Legal counseling by an attorney
- ♦ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Fall Seasonings

with HOME INSTEAD Senior Care and Stop & Shop Nutritionist, Julie Hersey, MS, RD, LDN



As the autumn equinox arrives, our taste buds are awakened by the flavors of fall - clove, ginger, cinnamon are just a few! These mighty spices add warmth to meals while also supporting our health. Join us on Wednesday, October 21 at 12:30 PM for a talk and tasting of these spices along with simple ways to enjoy them every day. You will learn how to prepare three types of winter squash for a comforting dinner option any day of the week.



Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Wednesday, October 28 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on **Wednesday October 14 at 1:00 PM** to present 'Do You Need a Revocable or Irrevocable Trust?' Topics include: the most important estate planning documents that everyone needs; what is a trust and why do people use them; What is probate and why people want to avoid it; how do I protect my house and other assets from a long term care problem, and much much more! Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information! **Dale will have a encore presentation at 6:30 PM.**



Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday October 7 at 10:00 AM.**

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesday and Thursday afternoons for drop-in assistance at 2PM to help those with questions about any aspect of computer use. *These folks also offer help with cellphones, tablets, and even your camera!*

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

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POPULAR YOGA CLASSES ARE BACK!

Because doctors and health practitioners are recognizing the many benefits of yoga, one can hardly watch a television show or a commercial without seeing someone in a yoga posture. The good news is that the Bedford Senior Center has a rich offering of yoga this fall, with two "Chair" classes and two "Mat" classes.

So what can yoga do for me, you might be asking yourself. Seniors who have been coming to these classes report more comfort and ease in their bodies – sometimes as quickly as the very first class. Yoga strengthens weak muscles, lubricates the joints, brings relief from the suffering of arthritis and low back pain, strengthens the immune system, and releases energy into your body.

Balance improves greatly with the practice of yoga as well, strengthening feet, legs, hip flexors and core muscles. Yoga also strengthens all the breathing muscles and increases the power of each breath, and people with asthma have reported significant improvement with their breathing.

If that isn't enough, yoga also brings remarkable emotional and mental benefits. Yoga relieves stress and stops you from worrying or feeling overwhelmed. You'll actually build resiliency the more you practice yoga. And over time, it increases your focus and your creativity and can even help you sleep better at night. So do yourself a lifelong favor and join in for one or more of the four classes offered!

WHO IS THE VET?

In recognition of Veteran's Day on November 11th we would like create a display of our Veterans in honor of those who served this great country! We invite veterans to bring in a photograph in service uniform by Friday October 30th. We will make a photocopy and display them at the COA for the month of November. The display will be open to COA attendees to 'Guess the Vet' by November 20th. We will announce the winner at the end of November who will win a \$10 Stop and Shop gift card. Please join us in celebrating and honoring our veterans.



Dog B.O.N.E.S. Visits

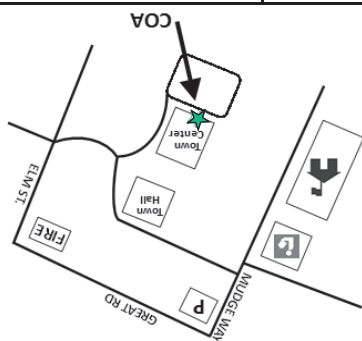


Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support Stop in and visit with Reika & Kramer every Wednesday at

10:00. Mara & her dog Max will be here Thursdays from 11-noon. Ann & her dog Kobi drop by every Saturday 11:30-12:30! Also, keep your eyes open for impromptu visits all week by other volunteers!

FBCOA 2016 Membership Dues by September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handicrafts 5:00 Toning 6:30 Sit 'n Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge OsteoFitness Tap Dance 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold Acupuncture 6:30 Sit 'n Stitch 7:30 Single Again	9:00 Exercise Fix It Shop 10:30 SongFest 11:00 Mah Jongg Dog Bones 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise Grands & Me 11:00 Dog Bones 1:00 Current Events Tai Chi! 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH *MORE EVERY DAY! See Inside for details!*



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